

Harvest of the Month

Banana

Calories

90

Total Fat

0g

1
Small

Sodium

1mg

Sugars

12g

FUN FACTS:

Bananas are the most popular fruit in the world. Each year, over 100 billion bananas are eaten, with 51% eaten at breakfast time.

Bananas float in water!

India is the largest producer of bananas.

The potassium in bananas is good for your heart health and blood pressure.

The inside of a banana peel can help relieve itching from a bug bite or poison ivy.

This institution is an equal opportunity provider.

